

## THE IMPACT OF DIABETES ON MONTANANS

- In Montana, **8%** of adults reported having diagnosed **diabetes** in 2013.<sup>1</sup>
- An additional estimated **30% of adults** are at high risk for **developing type 2 diabetes** due to overweight/obesity and cardiometabolic risk factors such as elevated A1C and high blood pressure.<sup>2,3</sup>
- Since 2008, over **5,300 high-risk Montanans** including more than 200 Medicaid beneficiaries have participated in the DPP.<sup>4</sup>

## CONTACT

Paul Campbell  
Health Education  
Specialist  
406-444-0593  
[pcampbell@mt.gov](mailto:pcampbell@mt.gov)

## PROGRAM ACTIVITIES

The **Montana Diabetes Prevention Program (DPP)** is a science driven program that began in 2008, with a goal to prevent and reduce the prevalence of type 2 diabetes and cardiovascular disease among at risk Montanans. The program is offered throughout the state in a variety of formats such as: on-site, telehealth and satellite locations.

- **Montana Diabetes Prevention Program**
  - The program offers an intensive, ten month, lifestyle management intervention focusing on; behavior change, healthy eating strategies and ways to become more active. The program is facilitated by trained lifestyle coaches that encourage, coach and motivate participants to adopt sustainable lifestyle changes.
  - The program requires a ten month commitment and is broken down into 16 weekly one hour sessions, followed by 6 monthly one hour sessions. Throughout the program, participants are required to log both nutrition and physical activity.
- **Eligibility Criteria**
  - Adults age 18 years and Overweight (Body Mass Index  $\geq 25$  kg/m<sup>2</sup>)
  - Plus one or more of the following risk factors:
    - Pre-diabetes, impaired fasting glucose, or impaired glucose tolerance
    - Delivered a baby weighing >9lbs at birth
    - History of gestational diabetes mellitus
    - Dyslipidemia or treatment
      - Triglycerides >150mg/dl
      - LDL-cholesterol >130 mg/dl
      - HDL-cholesterol <40mg/dl men and <50mg/dl women
- **Participant Feedback**
  - “This class helped me in a variety of ways. I had been sliding along for about five years, not paying much attention to blood pressure, etc. The class helped me to get in gear, focus and attempt to follow the plan. Thanks! My blood pressure is down. Exercise level is up.”

## RESOURCES

Visit these websites for more information:

[www.mtprevention.org](http://www.mtprevention.org)  
[www.diabetes.mt.gov](http://www.diabetes.mt.gov)

### Sources

1. Montana BRFSS, Montana Department of Public Health & Human Services, 2013.
2. 2005–2008 National Health and Nutrition Examination Survey (NHANES), National Center for Health Statistics, Centers for Disease Control and Prevention. Available at <http://www.cdc.gov/nchs/nhanes.htm>.
3. U.S. Census Bureau, resident population estimates for 10/1/2010. Available at <http://www.census.gov/popest/national/asrh/2009-nat-res.html>.
4. Diabetes Prevention Program, Montana Department of Public Health & Human Services, 2008-2014.